

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparative Effects Of Elongation Longitudinaux Avec Decoaption Osteo Articulaire Versus Upper Thoracic Mobilization And Mobility Exercise For Treatment of Forward Head Posture

Protocol summary

Study aim

To determine comparative effectiveness of Elongation Longitudinaux Avec Decoaption Osteo Articulaire and upper thoracic mobilization and mobility exercises for treatment of Forward head posture

Design

Study Design: Parallel Two-Group Randomized Clinical Trial Total sample size: 36 Randomization: Participants will be randomly assigned to either the ELDOA group or the upper thoracic mobilization group using a computer-generated sequence.

Settings and conduct

Controlled clinical trial was conducted at GOVT TEACHING HOSPITAL GM ABAD, Faisalabad.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Both Gender, Age 20 to 40 years Patients having FHP Patients having CVA less than 50. Pain more than 3 on NPRS scale with FHP Exclusion Criteria: History of whiplash injury within 3 months of examination. History of tumor History of surgery of cervical or thoracic spine. Positive neurological signs Congenital deformity

Intervention groups

Parallel Two-Group Randomized Controlled Trial, Group A received ELDOA exercise. firstly hot pack was applied for 7-8 mins after that participants was explained specific body movements . Four ELDOA position shows to the participants was asked to make these positions and maintained each position for 1 min. .Group B received upper thoracic mobilization and mobility exercise.

Main outcome variables

primary outcome measure : Craniovertebral angle
Secondary outcome measure: NDI NPRS Cervical range of motions

General information

Reason for update

Acronym

ELDOA,FHP

IRCT registration information

IRCT registration number: **IRCT20240525061892N1**

Registration date: **2024-06-22, 1403/04/02**

Registration timing: **registered_while_recruiting**

Last update: **2024-06-22, 1403/04/02**

Update count: **0**

Registration date

2024-06-22, 1403/04/02

Registrant information

Name

Faiza Khalid

Name of organization / entity

The University of Faisalabad

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Pakistan

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-05-15, 1403/02/26

Expected recruitment end date

2024-06-30, 1403/04/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative Effects Of Elongation Longitudinaux Avec Decoaption Osteo Articulaire Versus Upper Thoracic Mobilization And Mobility Exercise For Treatment of Forward Head Posture

Public title

Comparative Effects Of ELDOA Versus Upper Thoracic Mobilization And Mobility Exercise For Treatment of FHP

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Both males and females. Age between 20 to 40 years. Patients have complained of neck pain. Patients having forward head posture. Patients having limited Cervical range of motion. Patients having Craniovertebral angle CVA less than 50. Pain more than 3 on NPRS scale with FHP.

Exclusion criteria:

History of whiplash injury within 3 months of examination. History of tumor History of surgery of cervical or thoracic spine. • Positive neurological signs • Patients having pathology and infection in spine. • Patients having severe osteoporosis Congenital deformity

Age

From **20 years** old to **40 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

participants were allocated into two groups, using lottery methods. The lottery method for randomization is a straightforward technique used in this research to ensure unbiased group assignments. To implement this method, we first defined the groups required for the study. An equal number of tickets were prepared for each group, ensuring the total number of tickets matched the number of participants. All the tickets were then placed into a container and mixed thoroughly to ensure randomness. Each participant drew a ticket from the container, and their assignment to the indicated group was recorded. This method ensures fairness and simplicity, making it suitable for small to medium-sized samples. However, it requires careful execution to avoid human error and may not be practical for very large samples. This approach maintains the integrity of randomization, which is crucial for the validity of experimental results.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Study Design: Parallel Two-Group Randomized Controlled Trial, Group A (ELDOA): Specific ELDOA exercises for FHP Group B (UpperThoracic Mobilization): Exercises targeting thoracic mobility and FHP

Secondary Ids**1****Registry name**

Clinical trials.gov

Secondary trial Id

NCT06440720

Registration date

2024-05-31, 1403/03/11

Ethics committees**1****Ethics committee****Name of ethics committee**

RESEARCH AND ETHICS / TECHNICAL COMMITTEE/
The University of Faisalabad

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University Avenue, Faisal Town Canal Road,
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Approval date

2024-02-17, 1402/11/28

Ethics committee reference number

TUF/DR/SA/MSPT/2024/380

Health conditions studied**1****Description of health condition studied**

Forward Head Posture

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

CVA, Craniovertebral angle

Timepoint

Before intervention, 2, 4 weeks after intervention

Method of measurement

Calculated using each participant's profile photo. The

self-balanced posture assessment method was used to force the participants to maintain their typical head posture. By drawing a vertical line from Targus to the seventh cervical vertebrae and a horizontal line across them, the angle between them may be calculated to determine the CVA angle.

Secondary outcomes

1

Description

Ranges of neck movements (CROM) cervical flexion, extension, right Side bending, left Side bending, right rotation and left rotation were measured using a goniometer

Timepoint

before intervention and 2, 4 weeks after intervention

Method of measurement

using a goniometer

2

Description

The NPRS (Numeric Pain Rating Scale)

Timepoint

before intervention and 2, 4 weeks after intervention

Method of measurement

The NPRS scale, which has good reliability and validity in prior research, was utilized to measure the degree of present pain. It consists 11 points that range from 0 to 10.

3

Description

NDI (Neck Disability Index)

Timepoint

before intervention and 2, 4 weeks after intervention

Method of measurement

The Neck Disability Index (NDI) is a 10-item questionnaire designed to provide information about how neck discomfort affects an individual's capacity to carry out activities of daily living.

Intervention groups

1

Description

Intervention Group A . Group A will receive Elongation Longitudinaux Avec Decoaption Osteo Articulaire (ELDOA) exercises. At first hot pack will applied for 7-8 mins after that participants will explain specific body movements . Four ELDOA position will once show to the participants than ask them to make these positions. Once they make these positions stop watch will be set for 1 minute for each position. The positions will apply for three times per week for four week. Each session will take 20-25 mins

Category

Other

2

Description

Intervention Group B:Group B will receive Upper Thoracic Mobilization and thoracic mobility exercises. At first hot pack will applied for 7-8 mins after that, The Participant will prone position and physiotherapist will stand toward the side where mobilization will be applied. The index and middle finger of the left hand of the physiotherapist will be placed on the vertebral transverse process of the participants to the caudal side. The lateral side of the palm of right hand place over left hand index and middle finger and then applies thoracic mobilization toward ventral to caudal direction. After thoracic mobilization thoracic mobility exercise will be perform, participant will ask to put both hand on cervical spine and slowly lift his upper body, until gaining the feeling that the occipital bone pushed upward after moving the chin inward

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Faisalabad Teaching Hospital III Ghulam Muhammad Abad

Full name of responsible person

Faiza Khalid

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
The University of Faisalabad

Proportion provided by this source
100

Public or private sector
Private

Domestic or foreign origin
Domestic

Category of foreign source of funding
Sponsor: country of origin

Country of origin
PK

Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
The University of Faisalabad

Full name of responsible person
Dr. Mahvish Musharaf

Position
Lecturer

Latest degree
Master

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Physiotherapy

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
IPD collected for the primary outcome measure only
When the data will become available and for how long
After the completion of Study. In October 2024
To whom data/document is available

With academic researchers.
Under which criteria data/document could be used
For only the purpose of Research
From where data/document is obtainable
physiofai@gmail.com faiza khalid
What processes are involved for a request to access data/document
An email request describing the purpose of study, with complete evidence showing person doing academic research.
Comments